



Exercise is the easiest, cheapest, most effective medicine around!

The American College of Sports Medicine and the American Heart Association recently began the “Exercise is Medicine” campaign. The campaign will:

- Raise public awareness of the need for a physically active lifestyle.
- Drive home the medical importance of exercise to physicians and other health care workers.
- Instruct physicians in writing prescriptions for exercise.

The initiative reiterates the effectiveness of exercise as a therapy for treating many health conditions. Don't be surprised if your physician prescribes exercise for improved health at your next check-up!

IT'S NEVER TOO LATE....

A recent study that measured the balance ability of 130 older adults found – not surprisingly – that those who routinely exercised or had been physically active throughout life had the best balance. Encouragingly, the study also found that older adults who had started exercising after retirement had balance nearly as good as those who had always been active.

National Hand Washing Awareness Week December 2nd - 8th

What a silly concept, right? Wrong! Regular hand washing is the single most important thing you can do to prevent germs from spreading and keep you well. The latest news indicates that Methicillin-resistant Staph aureus, or MRSA*, is on the rise. Washing your hands will prevent the spread of MRSA and germs that cause illness. The four basic principles to remember are:

- Wash your hands before eating and after toileting.
- Wash your hands when they are dirty.
- Do not cough or sneeze into your hands. Wash your hands immediately if you do.
- Do not put your fingers in your eyes, nose or mouth.

*MRSA is a strain of bacteria that is resistant to most antibiotics.

Don't forget to wash your hands or sanitize after exercise class.



ATTENTION!

Change in exercise schedule.

Thursday, December 13th

Fit Steps: 10:00am – 10:25am

Green Class: 10:30am – 11:00am

Yellow Class: 11:05am – 11:35am

No Purple Class

No afternoon classes so that Barb and Kim may attend the employee Christmas party.

NO EXERCISE CLASSES

Wednesday, December 5th due to assessments

Monday & Tuesday, December 24th & 25th

Tuesday, January 1st due to the holidays

Merry Christmas and Happy New Year



Assessments

For those who received notice

Wednesday, December 5th

Group assessments for all residents will take place Wednesday, January 23rd and

Thursday, January 24th.

Sign-ups after the New Year

It has been our pleasure to serve you with another year of wellness programming. We are grateful for your enthusiasm and support. We truly enjoy working with you and you often make our day! May God bless you during the Christmas season and keep you well in the New Year.

- Barb and Kim



Puzzles are great for your mind and can be used to manage stress. Have fun trying the following puzzles. Answers will be posted on the Wellness bulletin board mid-December. For computer users, check out www.braincurls.com to work out your brain.

WORD LADDER

Change one letter at a time to turn meal into hold! There may be more than one way to solve.

M	E	A	L
H	O	L	D

BRAIN TEASERS

Which of the following words is the odd one out?

IBIS IBEX ORYX SIKA ZEBU

What number gives the same result when it is added to 1.5 or multiplied by 1.5?

Supply the missing vowels to give six 6-letter names of countries.

BLZ CND KWT MLW MXC PNM

REBUS PUZZLES

Find the common word, phrase or saying in the following boxes.

ACCAUGHTT

MARY
+MARY

GOT HERO HERO
GOT HERO HERO
GOT HERO HERO
GOT HERO HERO
HERO HERO